

# Action man

**W**hat do you do if you have a query about athletics in general and MAWA in particular? Everyone will tell you: "Ask Bob".

Bob was born in Melbourne in 1941. Primary school athletics carnivals were always a highlight of the year but his first open athletics experience was at secondary school in 1953 when he ran a couple of mile legs of a 24 hour race. He won his school division mile event in 1956 and competed for Ivanhoe Harriers (Victoria) from 1957-1962. During his late teens he also had enough puff to play the bagpipes! Though running regularly he didn't compete from 1963-1966 due to football commitments.

During this time he had come to Perth and met and married Lynne. In 1966 his job in insurance took them to Tasmania for a few years and then to Melbourne for nineteen years. He competed for Burnie, Tasmania and represented North West Tasmania against South and North in 1968 at 800m. In Victoria he competed on the track and with Victorian Marathon Club in road events from 1969 to 1987.

Bob and Lynne started their competitive involvement with Masters Athletics in 1977. In Victoria in 1983 they started, and then managed for several years, the East Burwood weekly track competition. Back in Perth again, they joined our club in 1988. One of their two daughters has also been a MAWA member.

Bob's focus gradually changed from middle to long distance and for 30 years he ran marathons, 50 milers and a 24 hour race. He once ran a marathon while nursing a broken big toe - "Well, you don't use your big toe much in a marathon" said Bob. Bob and Lynne organise their holidays around WMA and OAMA Championships. In the past twelve years they have competed in ten different countries on three continents, the latest, OAMA 2010 in Tahiti. Bob has also competed in the last fifteen AMA T/F Championships.

At local level, he is proud to have won the 50K Road Running Championship three times and the Patron's Trophy twice. And he will never forget winning M60 gold in the OAMA 5000m at Cook Is. in 2004 or the cross country M65 team silver at the WMA Championships in 2007 at Riccione.

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# Bob's running obsession

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Being so heavily involved in administration for Masters Athletics, it's hard to know how Bob ever found time to compete. He has been MAWA president and, until 2010, had been secretary for eight years. He sits on the AMA Board and, with Lynne and Vic, has produced the last four AMA handbooks. He is also on the OAMA Council and has been secretary since 2007. Through this he has enjoyed seeing the development of Masters Athletics in the Pacific Islands. In addition, he has extensive experience as AMA team manager with WMA and OAMA.

As if this were not enough, Bob was on the board of Athletics Western Australia for six years and was involved in the development of the new WA Athletics Stadium. For over ten years he has been a WA Athletics official and has track, throws and jumps qualifications. So it is not surprising that, in 2000, he was awarded a Federal Government Australian Sports Medal (ASM) for services to athletics and, in 2004, he received the AMA Administrator of year award.

Running is an important part of Bob's life. He likes the relaxation of training and, though not always enjoyable, he finds the competitive aspect of racing challenging. He also thinks goals are important. So when he turned 60 he set himself four time-targets – and achieved all of them. Now his main aspiration is to keep running. And if he could get over the breathing problems which have recently caused a downturn in performance, that would be a bonus. During 2011 he aims to compete in the masters' state, national and world championships as well as in New Zealand. It'll be a busy year.

